

ABSTRACT OF THE DISCLOSURE

A monolithic synthetic foam insert for shoes to receive a wearer's foot to effectively increase the perception of the wearer's height. Each insert is formed from a monolithic block of sculptured cross linked polyethylene foam material having a high density with a compliant compression surface. The insert is formed with transverse lateral tapered side surfaces and a tapered foot engagement surface having an inclined heel portion that provides a stable and comfortable elevation surface insert.